

DEPARTMENT OF PUBLIC HEALTH



COUNTY OF SAN BERNARDINO

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Halloween Food Safety Tips

Halloween is a fun time for children as they trick-or-treat in their costumes. However, some candy treats can quickly spoil the fun. The San Bernardino County Department of Public Health, Division of Environmental Health Services, offers the following food safety tips to ensure you have a safe and enjoyable Halloween.

Tips for Parents Before Trick-or-Treat

- Children should not snack while out trick-or-treating. Give them a snack or light meal before going out.
- Tell children not to accept and, especially, not to eat anything that is not commercially wrapped.
- Trick-or-Treaters should wait until they get home so their parents can check their candy before they begin to eat any candy.

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Trick-or-Treating Food Safety Tips

- Discard homemade treats.
- Inspect commercially wrapped treats for signs of tampering, such as an unusual appearance of discoloration, tiny pinholes, or tears in wrappers. Throw away anything that looks suspicious.
- Discard any goodies with open or torn wrapping.

Consider alternate treats to give

- Packages of low-fat crackers with cheese or peanut butter
- Mini boxes of raisins
- Packages of hot chocolate mix
- Microwaveable popcorn

What to serve at a Halloween Party

- If food is catered, make sure you are working with a reputable caterer and have properly working chafing dishes to keep hot food hot. Keep hot foods hot at a safe temperature of 135 ° F or above.
- Keep cold foods cold. Make sure there is plenty of room in your refrigerator to store cold foods before, during, and after the party. The refrigerator should hold foods at 41 ° F or cooler to prevent bacterial growth.
- If juice or cider is served to children at Halloween parties, make sure it is pasteurized or otherwise treated to destroy harmful bacteria. The label will state if the juice or cider has been treated.

For more information on Halloween Safety, contact the San Bernardino County Department of Public Health, Environmental Health Services Division at (909) 884-4056 or visit our website at www.sbcounty.gov/dehs.

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